MAN SURVIVES NIAGARA FALLS PLUNGE, PG6

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City offering free tour of downtown art

GUIDED Next Wednesday the city public art program will be showcasing the culture of Calgary.

There will be a free, guided tour of the popular downtown art circuit, leading Calgarians through 1.2 km of downtown buildings, including seven Plus-15 corridors.

"It allows people to get a closer connection with the civic art collection," said Barbara Greendale, a public art program specialist. "You'll see both two and three-dimensional works and some installation work."

The tour is from 5 to 6 p.m. on March 18, starting at the information booth on the main floor of city hall.

METRO CALGARY

Celebrity Buzz pg 22

Amy not giving up on 'Blakey'

Riding the Recession

Now through the end of March, Metro will share advice on how to cut down on expenses and navigate your way through the recession.

Food

• We serve up some local meals for a steal, pg 17

Comment and Views

• Georgie Binks tackles love in a recession, pg 8

Tomorrow

• Some film suggestions to take your mind off financial problems.

FABRIZIO BENSCH/REUTERS

Police and paramedics gather outside Albertville-Realschule yesterday in Winnenden, Germany, where a gunman killed nine students and three teachers. He killed three more people after fleeing the school. Police say the gunman, who died in a shootout, killed himself.

Former student kills 15 in German shootings

A 17-year-old in black combat gear killed 15 people in southwest Germany yesterday in a shooting spree that started at his former school.

The gunman, identified by police as Tim Kretschmer, entered the school in the town of Winnenden at about 9.30 a.m. and began firing with a 9-mm Beretta pistol at students in a classroom.

He killed nine students, including eight teenage girls, and three women teachers, as well as one person in front of a clinic opposite the school, before fleeing with a hostage in a car hijacked at a local supermarket.

Police said most of the victims at the Albertville-Realschule had been shot in the head and a further seven pupils, all female, were injured.

The gunman died hours later in a shootout in Wendlingen, some 30 kilometres from the school, after killing two men in a car dealership. Those killings brought the death toll to 16, including the gunman, who police believe shot himself.

"There are no indications at the moment of any warning or suggestion that the attack could have been foreseen," Heribert Rech, interior minister of the state of Baden-Wuerttemberg said. "It is conspicuous that most of his victims were females."

School officials described Kretschmer as an unremarkable student with average grades.

REUTERS

Strict gun laws

- Germany has strict laws which require gun holders to fulfil criteria on age and weapons expertise to obtain a firearms licence.
- Police said the gunman had apparently used a gun registered to his father, who belongs to a shooting club and had a collection of 15 guns at home. The killer took the one gun that was not locked up.

Suncor faces charges of dumping waste

JEFF CUMMINGS
jeff.cummings@metronews.ca

COURT Oilsands powerhouse Suncor and two of its contractors have been charged under Alberta's Environmental Protection and Enhancement Act with 90 counts of dumping poorly treated sewage water into the Athabasca River.

The companies, which were all charged back in February 2008, are also accused of providing misleading and false information to the province for two years at Suncor's work camp north of Fort McMurray.

"This is serious, we are prosecuting at the moment, this is before the courts," said Premier Ed Stelmach in the legislature yesterday.

"We are monitoring it and this shows the system is working."

The government accuses Suncor and its contractors, Compass Group of Canada and R&D McCabe Ltd., that they "knowingly provided misleading or false information" sometime from August 2005 to January 2007.

"These are charges (that) once again show that the government's system of letting industry report and police itself is incredibly flawed," Greenpeace's Mike Hudema said.

Suncor is expected to appear in a Fort McMurray provincial courtroom April 2 on the charges and the province says the maximum penalty for the charges is a $1 million fine.

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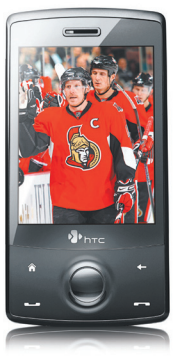

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Missing teen found
A missing Brooks teenager has been found, according RCMP yesterday. Brittany Baron, 13, was found after she was reported missing on Saturday. No other information has been released. METRO NEWS SERVICES

Local

Man charged in pot bust

A man has been charged after a raid on a northwest home turned up marijuana and cash. After a four-month investigation into the alleged marijuana grow operation police have charged Jeffrey Carless, 26, with drug charges after they found $57,000 worth of marijuana and paraphernalia and almost $20,000 cash. METRO CALGARY

Court hears driver was having bad day

TESTIMONY A truck driver who rear-ended a vehicle at a red light resulting in the deaths of five people had "one of the worst days of his lifetime" prior, a court heard yesterday.

Daniel Tschetter told his boss Joe Lyttle in a phone call he was having a bad day, Lyttle testified. The next phone call Lyttle received was Tschetter asking for a ride after he rear-ended a car. Two adults and three children were killed in the December 2007 collision. METRO CALGARY

metronews.ca
What's online today.

Video A Manitoba man whose murder conviction was overturned fights to clear his name at metronews.ca/canada

Lotteries

Lotto 6/49: 2, 18, 20, 23, 24 & 48. Bonus 30. These results are not official.

Family fights off arsonists

KRISTA SYLVESTER
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A father and son fought off two attackers after their Dover home was firebombed early yesterday.

Police said two masked attackers threw Molotov cocktails into the home on Dover Ridge Drice SE around 2:45 a.m. and started a fire while two adults and their 17-year-old son were home.

Duty Insp. Keith Pollock said the father and son chased the attackers out of the house while getting into an altercation with them.

"They found the one guy and held him until police showed up," Pollock said.

While police don't have a motive for the attack, close family friend Jerry Glousher said the family doesn't know why they were targeted.

"They're shaken up. Nothing like this has happened to them and they woke up to a fire in the house. It's scary," the man said after picking up the son from the hospital.

"It's got to be random. But I just think Dover is a bad area, and I have always thought that."

Neighbour Donna, who didn't want to give her last name, said the area is normally safe and the family "usually keeps to themselves."

The family was transported to hospital with minor injuries.

Police have one man in custody and are looking for a black compact hatchback car with a roof rack and a smashed driver-side window.

ROBIN KUNISKI/FOR METRO CALGARY

Police investigators collected evidence yesterday after police said a Molotov cocktail was thrown through the rear window of the home, igniting a couch and the carpet.

MLA's motion may scrap Grade 3 tests

KRISTA SYLVESTER
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EDUCATION Local groups support an Alberta MLA's motion to change or scrap Grade 3 mandatory testing.

President of the Calgary Association of Parents and School Councils Laura Shutiak said her organization supports the motion from former teacher and Bonnyville-Cold Lake MLA Genia Leskiw to scrap the test.

"I think the way the tests are being used to rate teachers and schools are inappropriate. They were not meant to be used that way," she said. "It's not a good use of data."

Shutiak would support either scrapping the tests or moving them to the beginning of the year instead of the end.

"Then the results can be used as a teacher's tool," she added.

The motion will be debated next week in the Alberta legislature.

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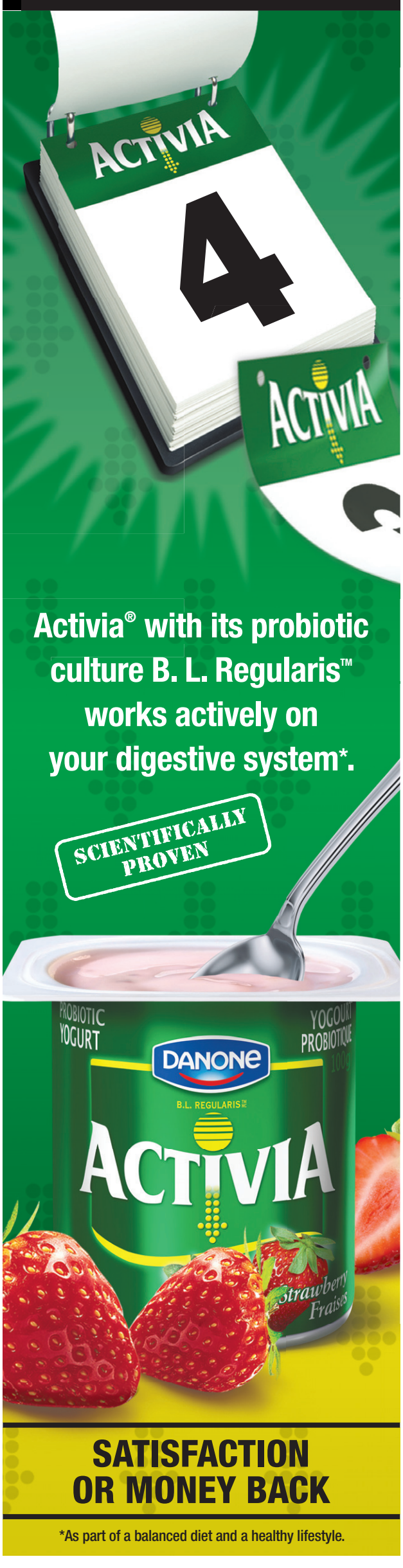

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Man found near Langdon confirmed murdered

Officials have confirmed a man found face-down near Langdon was murdered. RCMP said the man was shot sometime before he was found Monday. His name will not be released until they notify his family. **METRO CALGARY**

ROBIN KUNISKI/FOR METRO CALGARY

Sara Newman from Nova Scotia Tourism and Andrew Bruce from the 78th Cape Breton Highlanders greet those who came on the LRT yesterday morning with a jig and a lobster during a travelling kitchen party, inviting everyone to come to Nova Scotia next year for the Tim Hortons Brier.

C-Train kitchen party

Commuters get taste of Nova Scotian hospitality

JENNIFER HILLIKER
for Metro Calgary

The typically quiet morning C-Train ride got a lot more exciting yesterday when a few easterners took over.

Nova Scotia tourism officials staged a "travelling kitchen party" on one lucky C-Train to promote the hosting of next year's Tim Hortons Brier in Halifax.

Calgary Transit customers like Vince Berdan, 25, got a good dose of Nova Scotian hospitality and music, including performances by Celtic musicians and the province's famed 78th Highlanders.

"As I walked onto the train this morning, everyone had a smile on their face."
Vince Berdan, commuter

"As I walked onto the train this morning, everyone had a smile on their face," Berdan said. "Everyone is usually pretty stiff. This is the closest I've been to Nova Scotia and I like it."

A kitchen party can be anywhere at any time, according to Doug Matthews, manager of tourism marketing for the Halifax Brier.

"We do these kind of crazy things all the time," said Matthews.

"I saw a little surprise on everyone's face as they stepped onto the train and we said, 'Welcome to Nova Scotia.' I think this will get it in their heads to come to Nova Scotia, whether that's for the Brier or otherwise."

Ald. Bob Hawkesworth hopped on the happening C-Train downtown, excited to be among easterners, as he visits Nova Scotia at least once a year.

Hugh Avery, chairperson of the 2010 Brier, said this is one of the first steps in generating excitement for next year.

"We're here to learn about what Calgary has done right," he said.

6 face drug, weapons charges

CRIME Six people have been arrested after a two-week investigation into organized crime turned up a stash of weapons, drugs and ammunition.

Police executed a search warrant on a home in the 7000 block of Elbow Drive SW on March 6, as well as a warrant on a Crossfield home and a vehicle, and found 10 guns, a large quantity of ammunition and over $25,000 in drugs.

Six people face 46 various drug and weapons charges.

METRO CALGARY

Rice to speak at Calgary fundraiser

GUEST Former U.S. secretary of state Condoleezza Rice is coming to the city for a speaking engagement.

The University of Calgary will host a $500-a-plate fundraiser on May 13. Unlike George Bush's speaking engagement this weekend, Rice's event will allow journalists to report on the event.

Condoleezza Rice

Rice will be speaking about issues that affect North America and public policy. Since leaving office, Rice has returned to Stanford University, where she served as provost and a political science professor.

METRO CALGARY

18A limits may become law this year

JENNIFER HILLIKER
for Metro Calgary

FILMS Parents may soon no longer be able to make a judgment on behalf of their child when it comes to 18A-rated movies in Alberta.

Culture Minister Lindsay Blackett wants the Film and Video Classification Act, which passed in Alberta's legislature last fall, to become law this year. Among other rules and regulations regarding movie theatres, the act restricts parents from bringing children under the age of 14 into films classified as 18A.

"The fact that a parent can bring a five-year-old (to see) Watchmen is something that needs to be addressed," said Pete Harris, programming manager at the Plaza Theatre.

"But the argument is that kids see worse on television, and anyone of any age can buy a Watchmen comic in a comic book store."

Harris said one of the issues he sees is having to trust adults to vouch that a child is over 14, as most young teens do not carry photo identification.

Violators of the act could face fines of up to $10,000 or a prison term of two years, while corporations would be liable for up to $100,000.

News in brief

CONSTRUCTION The estimated construction value of building permit applications for the City of Calgary was down 62 per cent in February compared to the same month last year, according to a city report released yesterday. They were also down 44 per cent compared to the five-year average.

METRO CALGARY

Wal-Mart eyeing language courses to improve service

RETAIL Wal-Mart customers soon may notice a change in the way they are served at the popular chain.

Some Wal-Mart employees, especially those from foreign countries, struggle with communication, according to Kevin Groh, director of corporate affairs at Wal-Mart Canada.

So the company is looking at offering employees an English as an enhanced language course in Calgary and other urban centres to help associates and improve the level of service customers receive.

"A large portion of growth in the labour market is expected to come through immigration in the coming years," Groh said. "We hope to be an employer of choice for new Canadians ... We're looking not only to distinguish ourselves as an employer, but improve the skills of our associates."

Wal-Mart would pay third-party literacy programs to teach its employees.

JENNIFER HILLIKER/
FOR METRO CALGARY

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Roll-up-the-rim prizes distributed unevenly

While more than 52 per cent of Tim Hortons' roll-up-the-rim cups will be sold in Ontario, only about 43 per cent of the car-winning cups will be sold there. The regions of Quebec, British Columbia and Atlantic Canada each get one car-winning cup more than they would if the prizes were distributed based on overall cup sales. TORSTAR NEWS SERVICE

Canada

Transat posts $29M loss

Transat AT Inc., parent company of Air Transat, said yesterday it sold more travel packages, but increased competition led to lower prices and smaller margins from its North American operations, helping push the Canadian holiday travel company to a first-quarter loss of $29.4 million. REUTERS

Vancouver to close streets in more than 650 city blocks

JEFF HODSON
Metro Canada

OLYMPICS People should walk, bike and use public transit during the 2010 Games, Olympic organizers said yesterday as they unveiled their plan to reduce the number of vehicles on Vancouver streets by 30 to 40 per cent.

The transportation plan includes road closures, parking and turning restrictions, pedestrian malls and dedicated Olympic lanes that will affect a minimum of 650 city blocks and reduce road capacity in the downtown peninsula by 20 per cent.

"Athletes have come here to compete, not to commute." Penny Ballem

Vancouver city manager Penny Ballem said transportation during the Games would not be business as usual, but rather, "business unusual."

Organizers have to shuffle more than 5,000 athletes and officials, 10,000 media, 55,000 workers and about 200,000 spectators between 65 venues.

"Athletes have come here to compete, not to commute," Ballem said.

VANCOUVER 2010 Games

Man survives Niagara fall

An American man survived a fall over Niagara's Horseshoe Falls and became just the second person to live through an unaided and intentional plunge over the massive cataract, Canadian police said yesterday.

Around mid-afternoon, police said they received a call from a tourist who saw a man climb over a retaining wall and jump into the Niagara River before being swept over the roaring 51-metre waterfall.

"All indications at this point in the investigation lead us to believe that he did so on of his own accord and it was of that nature," said a spokesperson for the Niagara Parks Police.

The man was being treated in a Niagara Falls, Ont., hospital and police said an investigation was under way.

The Horseshoe Falls, one of the world's most popular tourist attractions, sends about 675,000 gallons of water over its edge per second. It is one of two massive waterfalls, along with the American Falls, that span the the U.S.-Canada border.

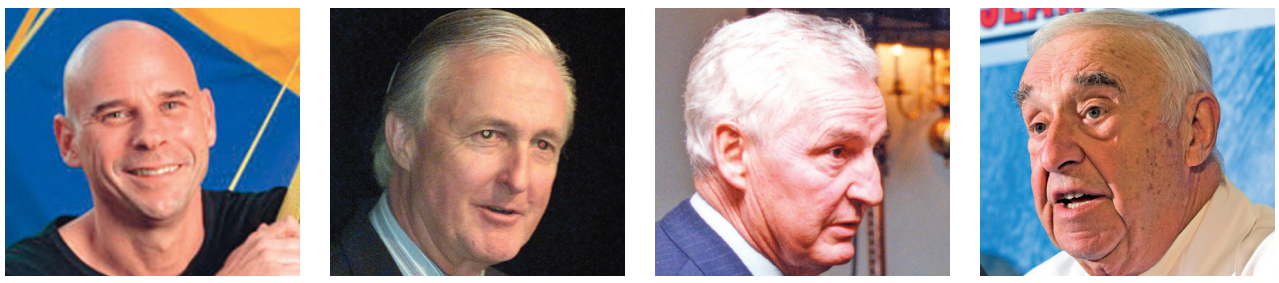
Decades ago, daredevils would tempt fate and go over the Horseshoe Falls in barrels or other protective devices — often without much luck. That is now an illegal stunt that can result in a fine or jail time.

In 2003, another U.S. tourist survived an unaided plunge over the Horseshoe Falls in an attempt at suicide.

A young boy also survived a fall over the cataract in 1960 after the boat he was in capsized. REUTERS

Daring rescue

- A helicopter was used to create a current that took him to near the shore. Rescue workers in a boat then plucked him from the water.
- Niagara Parks Police said the man had severe hypothermia, a large wound to his head and the force of the water ripped off his clothes. CBC NEWS ONLINE



Wealthy Canadians Guy Laliberte, from left, Galen Weston, Jean Coutu and Paul Desmarais. Most billionaires have taken a big hit to their personal wealth due to the global recession. Laliberte is one of only 44 billionaires in the world to see their personal wealth grow in the last year. Coutu, worth $1.4 billion last year, is one of five Canadians to fall off the list of the world's billionaires.

Billionaires not immune to economic crisis

ECONOMY Amid a global recession, the world's billionaires have been shorn of shockingly huge chunks of their net worth, while others are no longer billionaires at all. And the few Canadians among them have not been spared.

According to Forbes magazine, which unveiled its annual compilation of billionaires last night, 355 of the world's ultra-rich dropped off the rarefied list, including four from Canada and media mogul Ted Rogers, who died last year.

It's the first time since 2003 that the number of billionaires shrank.

There are 793 billionaires in the world, compared with 1,125 last year. In Canada, where there were 25 in 2008, just 20 remain, and they lost a collective $29.4 billion.

Topping Canada's list this year was the Thomson family, involved in media ventures and information distribution company Thomson Reuters, with a net worth of $13 billion, significantly down from last years estimate of $18.9 billion.

Next is Galen Weston of food giants George Weston Ltd. and Loblaw Co. Ltd., with a net worth of $5 billion. That's down from last year's total of $7 billion. The Irving family of Saint John, N.B., owners of oil, forestry and newspaper companies, came in third at $3.9 billion, down from $6.7 billion.

Montreal's Paul Desmarais, head of Power Corp., and Guy Laliberté, founder and owner of the famous Cirque du Soleil, rounded out the top five.

Laliberté was one of just 44 in the world whose net worth increased in the last year. TORSTAR NEWS SERVICE

Stock collapse

- The list of billionaires shrunk because most, like Jean Coutu who fell off the list, have their wealth tied up in the plummeting stock markets.

Atheist ads to run in Ottawa

REPORT Atheist ads will be running on Ottawa buses.

City council voted 13-7 yesterday to allow ads, which read: "There's probably no God, now stop worrying and enjoy your life," on OC Transpo buses.

Humanist Association of Ottawa member Simon Parcher called the decision a great victory for those who care about free speech.

"We've struggled for decades in this country for the freedom of expression," he said. REUTERS

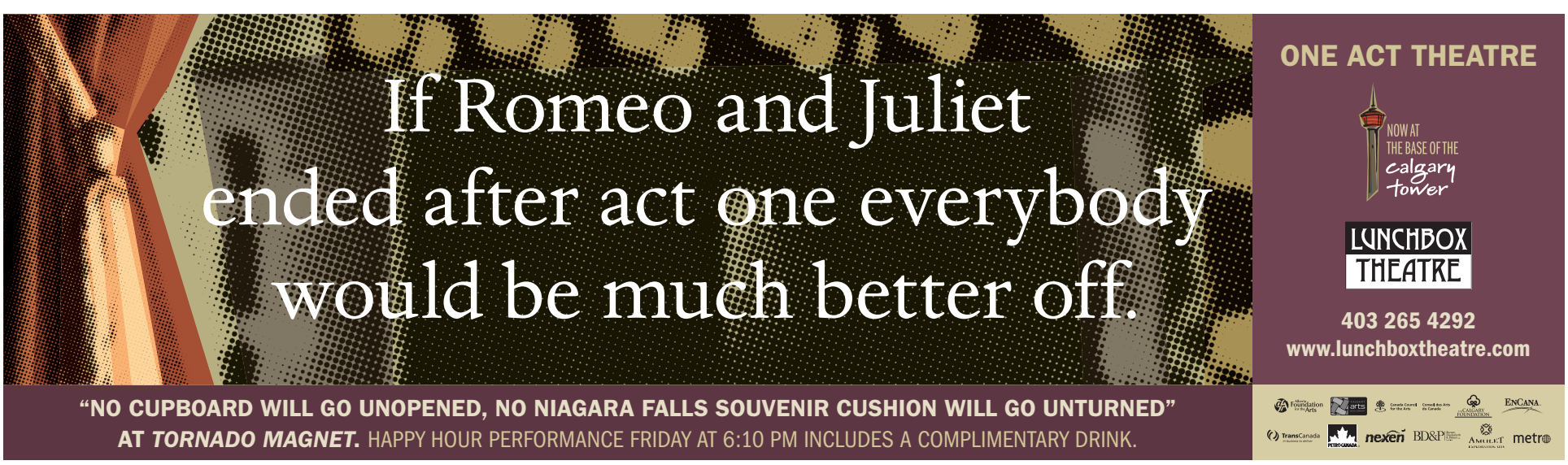
Blame it on daylight saving

REPORT If you've fallen asleep at your desk this week or felt like a bag of rocks getting out of bed in the morning, blame daylight saving time, Toronto sleep experts say.

"We already live in a time famine era," says Dr. Harvey Moldofsky at the Centre for Sleep and Chronobiology. "Throw in that extra hour and you're just tipping the balance. Your ability to work efficiently and drive safely is going to be affected." TORSTAR NEWS SERVICE

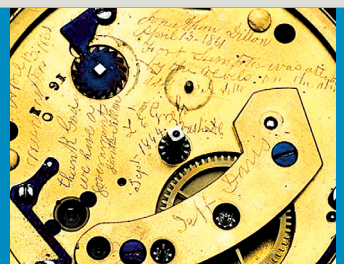
News in brief

CUSTODY A Quebec woman has no legal right to the child she paid a surrogate to carry for her, a judge has ruled, leaving the child without a legal mother. After the child was born, the surrogate gave up her legal claim to the baby. The couple went to court to adopt the child, admitting that they had given the surrogate a payment for her service. CBC NEWS ONLINE



Peking Man might be older, experts say
A new and more accurate dating method shows Peking Man may be 200,000 years older than what experts previously thought, researchers in China said. The bones of a Homo erectus commonly known as Peking Man were believed to be 750,000 years old. REUTERS

World



Lincoln's watch bears secret message

A gold watch owned by Abraham Lincoln bears a message marking the start of the U.S. Civil War, but the president never knew of the "secret" inscription uncovered Tuesday at the National Museum of American History. The engraving, by watchmaker Jonathan Dillon, is dated April 13, 1861, and reads in part: "Fort Sumpter was attacked by the rebels" and "thank God we have a government." REUTERS

Russians target outspoken billionaire

WANTED Russia issued an international arrest warrant yesterday for a billionaire who fled Russia after being threatened with prosecution for kidnapping and blackmail.

The fate of Yevgeny Chichvarkin, 34, who spoke out about official corruption in that country, is widely viewed as a test of Russian President Dmitry Medvedev's pledge to protect business from unwarranted interference from prosecutors.

Chichvarkin, who helped found one of Russia's biggest mobile phone retailers before selling out last year, moved to London last December with his family. REUTERS

Pope 'anguished' over bishop case

HOLOCAUST Pope Benedict has written an "anguished" letter to Church leaders admitting the case of a Holocaust-denying bishop was mishandled and warning the Church risked "devouring itself" with internal squabbles.

In the letter addressed to the world's bishops, which the Vatican will release today, the Pope also says he was pained by Catholics' criticism of him. REUTERS

Activists detained before protest

TURMOIL Pakistani authorities banned protests and rounded up hundreds of activists yesterday, a day before a rally by lawyers and opposition parties that could destabilize a fragile, year-old government.

The protest is one more problem for the civilian government led by President Asif Ali Zardari's Pakistan People's Party (PPP) that is struggling with economic and security crises.

Pakistan is seen as vital to U.S. efforts to stabilize Afghanistan and defeat al-Qaida. The U.S. wants to see it focus on fighting militancy. REUTERS

Motive still unknown

Authorities search for reason behind U.S. shooting

Authorities grappled yesterday for the reason a 27-year-old Alabama man shot dead 10 people, including his mother, before killing himself after a gun battle with police and a car chase down a rural highway.

Michael McLendon, who lived with his mother, killed five of his victims in Tuesday's shooting spree at a mobile home in Samson, in southeastern Alabama, according to a local coroner and Wynnton Melton, mayor of nearby Geneva.

The victims at the mobile home included the wife of a local deputy sheriff and her child. He also killed two people at a convenience store and a man in a pickup truck who died during a car chase as McLendon apparently fired at random, said Melton.

"We sent 11 bodies to Montgomery (the state capital)," said Robert Preachers, the coroner in neighbouring Coffee County who said he knew most of the victims including the killer.

"He (McLendon) was a nice quiet kid, no trouble. He was always polite and nice," Preachers said.

Asked about a possible motive behind the shooting spree, Preachers said: "He carried it with him to the grave." REUTERS

Rampage

- The shooting spree began in Kinston, a small town in Coffee County, and continued to Samson, where McLendon killed his grandmother, uncle and others, said the FBI, local police and the coroner. It ended after a car chase and gun battle in Geneva about 12 miles away, they said.

Sri Lanka **Deadly attack**

REUTERS VIA TV

A boy, right, performs during the Muslim festival Mawlid, the birthday of Mohammed, the instant a bomb exploded in Akuressa, Sri Lanka, Tuesday. A suicide bomber killed 14 people and wounded 35. The Sri Lankan government suspects Tamil Tiger rebel forces behind the suicide attack.

Obama signs disputed U.S. funding legislation

POLITICS U.S. President Barack Obama yesterday signed a $410 billion US bill to fund most government operations through Sept. 30, but warned the U.S. Congress must stop jamming spending bills with lawmakers' pet projects.

"Let there be no doubt: this piece of legislation must mark an end to the old way of doing business, and the beginning of a new era of responsibility and accountability," Obama said in discussing his decision to sign the controversial measure.

Obama outlined a plan that would enable lawmakers to continue to earmark spending with a "legitimate and worthy public purpose," but would make the process more transparent and offer opportunities for public feedback before approval.

Arizona Senator John McCain, a critic of pet spending projects known as earmarks, dismissed Obama's comments, calling them "his usual excellent rhetoric," but said the president's message was "virtually meaningless" and "toothless."

"What he should have done was say he was going to veto this bill, that he wanted the $8 billion in earmarks removed and then he would sign it," McCain said. REUTERS

Hot topic

- Obama, who criticized earmarked spending during his presidential campaign, went behind closed doors to sign the $410 billion spending bill, which was approved by the Democratic-controlled Congress following a contentious debate.

Over 1,000 cops have records, report says

U.K. More than 1,000 serving police officers in Britain have criminal records, figures obtained under freedom of information laws showed yesterday.

Five of these officers were reinstated by the Home Office after being sacked by their local forces.

More than half the convictions were for speeding, drunk driving or other motoring offences, according to the figures obtained by the Liberal Democrats from 41 of Britain's 52 police forces.

Another 210 officers have been dismissed or been required to resign in the past five years because of their criminal convictions.

Liberal Democrat Home Affairs Spokesman Chris Huhne said officers convicted of violence or dishonesty should be dismissed immediately.

"A serving police officer is expected by members of the public to be self controlled and self restrained in the use of force," Huhne told BBC television.

The Association of Chief Police Officers said there were more than 140,000 officers in Britain and that it was very rare for anyone with a criminal conviction to be recruited. REUTERS

Dalai Lama urges common sense

SERMON A day after he slammed China for causing untold suffering in Tibet, the Dalai Lama yesterday said he still believed the future was bright and hoped the Chinese leadership would use more common sense.

A day after the 50th anniversary of the failed Tibetan uprising against China, when the 73-year-old spiritual leader lamented that Tibet had become a "hell on earth," the Dalai Lama said he was cheered by signs of support among the Chinese people. REUTERS

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Comment & Views

Comment

A stink-eye view of 'I do'

Relating

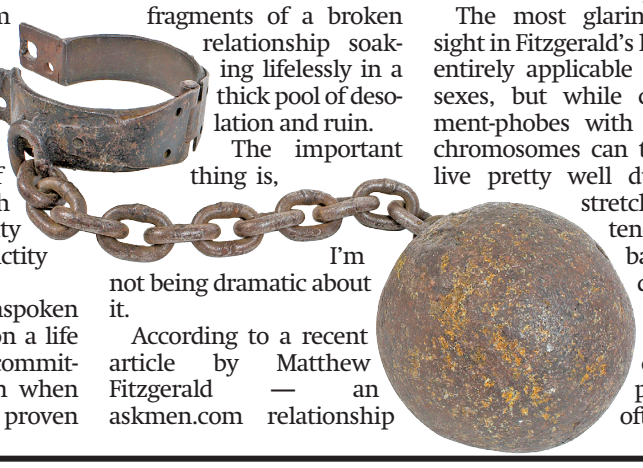
Andrea Woo

metronews.ca

There is a quaintness to the idea of settling down — getting married, breeding little humans and feeding them things you cooked with your own two hands — but at present, it strikes fear into the core of my being, like a death grip of domesticity threatening the sanctity of all things exciting.

Perhaps it is the unspoken agreement to take on a life more muted, or the commitment to one person when emotions have proven themselves fleeting and relationships can go sideways by sundown. Perhaps it's the utter selflessness required to be a good wife and mother, or the terror of molding another human being from infancy through adolescence, hoping the final product isn't some warped creation I'd rather not put my name to.

Maybe it's the sheer horror of putting one's heart on the line only to have it be smashed to smithereens, fragments of a broken relationship soaking lifelessly in a thick pool of desolation and ruin.



The important thing is, I'm not being dramatic about it.

According to a recent article by Matthew Fitzgerald — an askmen.com relationship columnist and author of the completely unbiased and sophisticatedly titled Sex-Ploytation: How Women Use Their Bodies and Extort Money from Men — men fear commitment for reasons such as: "We've been burned before," "no more freedom" and "the emotional baggage."

(There were probably more, but the tedium of it all lulled me into a deep and immediate slumber.)

The most glaring oversight in Fitzgerald's list is it's entirely applicable to both sexes, but while commitment-phobes with the XY chromosomes can typically live pretty well during a stretch of extended bachelordom, their female counterparts are often presented with a secondary set of worries.

These include a smaller window of fertility for those who want children and everything from the social stigma of being a single, middle-age woman to some very tangible disparities that affect quality of life. (Women in Canada, for example, earn just 70 per cent of what men do and can struggle financially remaining unhitched.)

So while there's no shortage of women who "look at marriage through Cinderella eyes," as Fitzgerald so astutely states, it should also be noted there is no shortage of those who view it with a pronounced stink-eye.

In a chilly world frosted with uncertainty, men aren't the only ones with cold feet.

Andrea Woo is a Vancouver-based news and entertainment reporter. She won this column in a carnival dart game.

MICHAEL DE ADDER

Views

You can't budget love, bad economy or not

ModernLife

Georgie Binks

metronews.ca

"Couples may find things a lot more romantic if they have to start creating their own romance."

Imagine this — a van idles nearby Toronto's boardwalk. Inside, a tiny lantern glows with candlelight, a homemade CD of romantic tunes fills the air as two people slurp takeout ravioli and gaze lovingly at each other. After dinner, they stroll the frozen beach dipping their boots into the lake. The rest of the world is dressed up in its loveliest finery eating fancy food, but the financially challenged are enjoying the inexpensive, but romantic "car party."

Should romance suffer just because your wallet is light? In fact, couples may find things a lot more romantic if they have to start creating their own romance. After all, big spending doesn't equal great love. In fact, when money starts to disappear, the inventive spirit kicks in. Romantic picnics in front of the fireplace, walks in the moonlight, breakfast in bed, all beat food with weird names served by out-of-work actors every time.

With that in mind, you'd hope the princesses of romance, this year's prospective brides, would be crocheting romantic table centrepieces and engraving their own invitations to save some money. Surprisingly, in a Wedding Bells magazine survey released earlier this month, 62 per cent of brides refused to compromise on reception catering, while 46 per cent weren't budging on the dress or the honeymoon.

Those ladies are also heading into talks with the government about the auto industry's future later this month. My parents had a tiny wedding, no engagement ring, bed-and-breakfast honeymoon and will celebrate their 60th wedding anniversary this year.

Money won't buy romance and if you've ever been through a divorce, you'll know arguing over it can sure kill memories of it fast. Hoping it might find you some new romance? Well, good luck. Naïve visitors to Internet dating sites in their earliest incarnation quickly learned big dinner/roses dates were a dud, after a series of one-night dinner stands. Potential suitors soon switched to coffee dates.

It's more likely you'll have romance with your garage mechanic during that next oil change. For free, why not create your own romantic moments with the garage mechanic? Replace that expensive dinner date out with your childhood fave "Birthday Party casserole" served on a tray attached to Scruffy? Instead of expensive concerts, borrow your kid's Guitar Hero for romantic music. Pull out your high school poetry. Gaze at the stars.

OK, I'm out. Now that I think of it, I hope this recession ends fast. A girl can only create so much homemade romance.

Riding the Recession

Georgie Binks is a Toronto freelance writer who has written about gender and relationships for CBC.ca, Elle, Chatelaine and Homemakers; georgiebinks@rogers.com.

Letters

Parker not OK with fee

Re: Parkers A-OK with $3 fee, (March 5).

I talked to three people this morning on the C-Train platform and they all were adamantly against the fee. I assume from the photo in the article your "survey" was taken midday, so perhaps the people you talked to don't take the train daily.

Who would be in favour of standing in line at a machine each morning to pay for parking in -30 C weather after braving the icy parking lot?

In a progressive city, where the C-Train is a green energy initiative in many respects, Calgary is going to increase fees to park-n-ride patrons by 60 per cent? The city should be trying to reduce fees for public transit, rewarding patrons and encouraging ridership.

HEATHER MUELLER, CALGARY

Extra $60 increase too much for commuter

Re: Parkers A-OK with $3 fee, (March 5).

As a daily rider of the C-Train, I am very concerned with the new parking fee for the following reasons:

The city has almost doubled the cost of using public transportation for daily commuters. Factor in a $3-per-day parking fee and that's an extra $60 for the use of public transportation.

Shouldn't we be encouraging "greener" transportation, not hindering it? With global warming and emissions of greenhouse gases a major issue across the world, shouldn't Calgary be subsidizing those who opt for public transportation rather than driving to work?

I do not agree with a 91 per cent increase over one-year while we're in a recession.

KARIM PABANI, CALGARY

Fee is a cash grab

Re: Parkers A-OK with $3 fee, (March 5).

I would like to know who Metro Calgary talked to, because I and everyone else I have talked to about this, are furious about this issue. The city wants us to use public transit and now they want to penalize us for using this service and it expects us to be thankful for it! I don't think as citizens we should be expected to pay on top of our monthly pass for using transit. This is a cash grab.

ELAINE OOSTWOUDER, CALGARY

ShareYourViews

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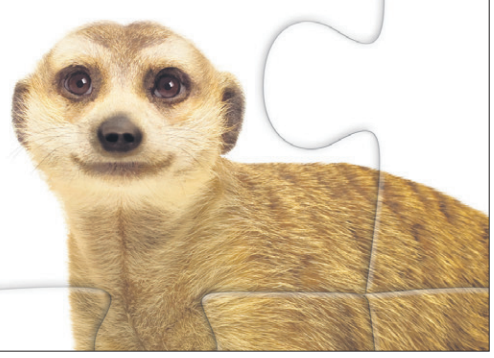

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Apple rolls out smaller, talking iPod Shuffle

Apple Inc. introduced a smaller version of its iPod Shuffle music player yesterday with a new feature that tells the user what song is playing. The new VoiceOver feature announces songs and playlists to users in 14 different languages, according to Apple, whose shares rose 4.5 per cent. REUTERS

Business

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EDITOR: FERMIN.DESOUZA@METRONEWS.CA

Business in brief

HOUSING The price of new homes in Canada dropped by 0.6 per cent in January from December, producing the first year-over-year decline in more than a decade, Statistics Canada said yesterday. It was the fourth consecutive month-on-month drop and the largest since the two per cent plunge recorded in February 1991.

AVIATION Bombardier Inc. signed a deal yesterday to sell 30 of its new CSeries aircraft to Deutsche Lufthansa AG for about $1.53 billion US, sending its shares up as much as 15 per cent. The agreement also gives the German airline an option to double the order for the new jets.

REUTERS

IMF warns of trouble ahead

Economy to worsen before eventual rebound, says fund

Canada's economic output "is likely to contract significantly in the near term" before recovering as government stimulus starts to gain traction, the International Monetary Fund warned yesterday.

Canada is "better placed than many countries to weather the global financial turbulence," the IMF said, citing the country's low debt-to-GDP ratio, stable banking system and the fiscal stimulus in the federal budget.

But the IMF also warned "downside risks predominate, including negative spillovers if the global environment worsens more than expected."

"Downside risks predominate, including negative spillovers if the global environment worsens more than expected."
International Monetary Fund

The IMF said it will probably cut its economic forecast for Canada. Its most recent projection sees the Canadian economy shrinking by 1.2 per cent this year before rebounding by 1.6 per cent in 2010.

TORSTAR NEWS SERVICE

GM workers approve contract concessions

AUTOS Facing a dim future and the prospect of closure, General Motors workers in Canada have overwhelmingly accepted concessions that will freeze their wages and increase the costs of benefits until 2012.

Eighty-seven per cent of production and skilled workers at GM operations in Oshawa, St. Catharines, Woodstock and Windsor, Ont., voted yesterday and Tuesday in favour of extensive concessions to their existing contracts that will reduce labour costs for the automaker.

GM needs significant savings in labour costs as part of a restructuring plan so it can qualify for more than $6 billion in loans from the federal and Ontario governments.

But Ontario Premier Dalton McGuinty said yesterday that his government cannot guarantee autoworkers long-term job security, even with these recent concessions.

TORSTAR NEWS SERVICE

Savings

- The Canadian Auto Workers union estimates the concessions will reduce GM's costs by more than $400 million over three years.

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Tapout co-founder dies in car accident

Charles (Mask) Lewis, the co-founder of the popular Tapout Clothing company, died in an early-morning car crash yesterday in California, the company said on its website. Tapout is the best-known clothing brand in the MMA world, adorning fighters such as Chuck Liddell. METRO NEWS SERVICES

Sports

Vonn tops again

American Lindsey Vonn captured the women's World Cup overall skiing title for the second straight year by winning the last downhill event of the season yesterday at the World Cup finals in Sweden. The top Canadian in the race was Kelly VanderBeek of Kitchener, Ont., who finished ninth.

METRO NEWS SERVICES

EDITOR: JOHN.CHICK@METRONEWS.CA

Sports in brief

SOCCER Canada was eliminated from the 2009 CONCACAF Men's Under-20 Championship after a 2-1 loss to Costa Rica last night. With the loss it's the first time in five tries the U-20 squad will not qualify for their World Cup. METRO NEWS SERVICES

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Puck arrested

Peter (Puck) Pocklington, the controversial former owner of the Edmonton Oilers, pleaded not guilty yesterday to charges he tried to hide assets from a federal bankruptcy court in California.

Pocklington

Pocklington, 67, remains in custody until at least tomorrow afternoon, when a judge is expected to rule on a motion by prosecutors that he be held without bail.

His case was assigned to U.S. District Judge Virginia Phillips, and a trial date set for May 5, prosecutors said.

Pocklington's attorney, Kay Otani, had no comment on the proceedings.

Pocklington, a once-prominent businessman who aroused anger in Canada for trading Wayne Gretzky to the Los Angeles Kings in 1988, was indicted by a federal grand jury on two bankruptcy fraud charges and arrested at his home in the wealthy desert enclave of Palm Springs.

He faces up to 10 years in prison if convicted on both charges. FBI agents searched Pocklington's home and two storage units that he controls, suspecting he had not disclosed all his assets in filings and statements to a Riverside bankruptcy court in 2008, according to a search warrant affidavit unsealed. Pocklington, who filed for personal bankruptcy in August 2008, cited debts of about $19.6 million and assets of just $2,900 US.

REUTERS

Brier Looking to stay unbeaten

TODD KOROL/REUTERS (CANADA SPORT CURLING

Alberta skip Kevin Martin watches a rock come in during play against Northern Ontario yesterday. For a recap of last night's late draw, visit metronews.ca/sports.

Tax cuts. Reach out and claim them.

The Government of Canada has introduced a wide range of tax cuts to help Canadians save on their taxes. Lower taxes are part of *Canada's Economic Action Plan*.

There are measures like the Children's Fitness Tax Credit, which allows parents to claim up to $500 in eligible fitness expenses paid for each qualifying child.

There are also the Public Transit Tax Credit and other tax savings designed to benefit people and families from all walks of life.

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Canada Revenue Agency / Agence du revenu du Canada

Canada

'Mrs. Hockey' remembered
The memorial service for Colleen Howe, wife of Gordie Howe, was held yesterday. Howe died Friday at 76 of Pick's disease. METRO NEWS SERVICES

Six reasons to smile

TheHockeyNews
Brian Costello

thehockeynews.com

There are plenty of reasons to be hopeful even though it appears the sky is falling in on the Flames with two games left on their seven-game road trip.

It started out great with a win over Ottawa, the acquisition of Olli Jokinen and Jordan Leopold, then a convincing road win in Philadelphia. But after consecutive losses to Carolina, Atlanta and New Jersey, the Vancouver Canucks are closing in on Calgary.

Here are a few things fans can remain positive about.

1. If Miikka Kiprusoff keeps letting in bad goals and getting pulled, focus will shift away from his quest for a record 50 wins and more towards the common sense approach of getting him a modicum of rest and recharge in time for the post-season.

2. Daymond Langkow returned to the lineup Tuesday and even though he was held without a point, his creativity and poise will help the second line. His defensive awareness will also help cut down the goals against. The Flames allowed 23 goals in a five-game stretch (4.6 goals per game) without Langkow.

3. The team is ratcheting back the ice time given to error-prone Dion Phaneuf.

Once a league leader in time on ice, the defensively weak Phaneuf has slipped to fourth in the NHL at 26:39 per game. He has played six straight games below his average ice time. Phaneuf is still a minus-8, but his defensive laziness is less noticeable when he's not overworked.

4. Two more games and the road trip from hell is over. Seven road games in 12 days is inhumane. During one stretch, the Flames played three games in just 66 hours — in Philadelphia on a Thursday, Carolina on a Friday and Atlanta for a Sunday afternoon game.

5. As much as Matthew Lombardi dazzled with his speed and energy, fans won't have to groan after all his missed scoring opportunities. His trade to Phoenix raises the fear he'll now develop the way Marc Savard and Martin St-Louis did after leaving town. My bet is he'll continue to confound on his way to 40 points a season.

6. With each passing day, the chemistry between Jokinen and Leopold and their teammates improve; and Rene Bourque and Todd Bertuzzi are that much closer to returning from injury.

The Hockey News
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Tivoli Radio

Tivoli Audio released its Spring 2009 collection recently, which included the NetWorks radio — a radio that is capable of playing any station in the world through an Internet connection. See Tivoliaudio.com. METRO NEWS SERVICES

EDITOR: DOUGLAS.DUNLOP@METRONEWS.CA

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Decor need not suffer with kids

HomeScape

When children arrive on the scene, does stylish home decor have to die?

Some parents think so; they are resigned to concentrating only on making their homes child-friendly and delay their plans to spruce up their decor until the kids leave. Or they buy homely and inexpensive furniture so whatever damage the children inflict, they could not possibly make them uglier.

But why live like a savage for a decade or possibly longer? To be sure, your family home needs to be child-friendly, so children know they are treasured members of the household. But at the same time, your home is also for you. It should be both joyful in its role as the centre of a busy family life, but also capable of soothing those jangled adult nerves with beauty, grace and style.

The most visible killer of stylish home decor is too many toys. I know families with toys that number in the hundreds. Reflect on how many toys your children actually play with on a regular basis and downsize.

Keep in mind that the roster of toys will be ever-changing, as your child grows older, so keep the collection trimmed down. Instead, consider setting up a toy exchange with neighbours and friends to keep the toy collection novel, rather than keeping a huge collection of toys, some of which the children will probably outgrow before you can even read the assembly instructions.

When you've whittled the collection down to a manageable size, establish a place for the toys, such as a stylish chest or bureau. Some people take the approach of keeping toys in the playroom, or the child's bedroom. But toys creep, so I think a better approach might be to provide a neat container (perhaps a stylish ottoman) for a few toys in different rooms in the house.

And teach your children to put things away. Easier said than done, I know.

CONT. ON NEXT PAGE>>

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Keeping up with trends post-baby

Though it may be a trial, your decor can survive when you have children if you follow some simple rules.

<<CONT. FROM LAST PAGE

But kindergarten classroom teachers do it, and so can you. Use labels with words or pictures so they will know precisely what should go where. And be prepared to enforce the rule.

Use labels with words or pictures so they will know precisely what should go where. And be prepared to enforce the rule.

For flooring or upholstery fabric, keep in mind the golden rule that dark colours and splotchy patterns hide dirt.

Make your life easier by choosing these kinds of patterns or colours. And go for scatter rugs on hard flooring, because cleanups are easier and replacing rugs is much less expensive than replacing wall-to-wall carpeting.

Wherever children are, spills and stains will happen, so save yourself a lot of sponging and fretting and invest in washable slipcovers, especially for upholstered chairs in the dining room. Also have rules about where food can be eaten.

As for beautiful things such as art pieces, do not deny yourself.

Just make sure your shelving is high enough to keep it away from little hands.

Older children and teenagers will benefit from early training, but may backslide. In the bathroom, try color-coding towels so you'll know who to call regarding the cast-off towel on the floor.

But towels, as well as coats, hats, boots, clothes, homework, dirty laundry, sporting equipment, foods and appliances used by children, books and toys need to have a home. Discreet labels continue to be a fine idea so there can be no disagreement about where things go.

Sylvia Putz is a journalist with an interest in decor and design. She's written for the TV show Arresting Design; sputz@arrestingdesign.com.

"For flooring or upholstery fabric, keep in mind the golden rule that dark colours and splotchy patterns hide dirt. Make your life easier by choosing these kinds of patterns or colours."

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AIR CANADA

There will be shrinkage
Cabbage loses a lot of water in cooking, so what seems like a large amount reduces down. To avoid the pungent odour often associated with cabbage, cook it uncovered in lots of water for a short period of time. METRO NEWS SERVICES

Food

"Choose a small to medium cabbage that is heavy for its size, firm and compact with unblemished leaves." BARB HOLLAND/FOR METRO CANADA

Fresh
A whole head of cabbage will keep for a week or longer stored unwashed in the refrigerator. Remove the outer leaves and rinse just before slicing.

EDITOR: NINA DRAGICEVIC, NINA.DRAGICEVIC@METRONEWS.CA

LiquidAssets

Peter Rockwell

metronews.ca/liquidassets

Irish spirit

Since only one quarter of me can trace itself back to the Emerald Isle my Irish eyes usually just smile when a new U2 album gets released and on Saint Patrick's Day.

I can't imagine that any Irishman would disagree that his homeland's liquid lord is Guinness Stout: A tall, dark beauty that offers a flavour that's both dense and delicious.

More than two million pints will be poured in Canadian pubs next Tuesday — maybe more considering it's the ale's 250th anniversary.

At home you can still drink like you're in Dublin thanks to **Guinness' innovative Pub Draught ($11.25 - $11.95)**. Each can in this 4-pack has a capsule inside filled with a blend of nitrogen and beer that gives the brew a thick, creamy head which pretty much equals the on-tap option.

If you're looking to celebrate with something a little bit stiffer try a glass of **Jameson Irish Whiskey ($29.95 - $29.99)**: A smooth, triple-distilled grain spirit that's great on the rocks or mixed with ginger ale, cola or apple juice. Sláinte Mhaith.

Peter Rockwell is the everyman's wine writer, working in the liquor industry for more than 25 years and travelling the globe looking for something to fill his glass and put into words.

Cabbages: Head of the class

À la carte

Barb Holland

metronews.ca/alacarte

Economical and versatile, this humble winter storage vegetable stretches a long way. Whether green, red or savoy, this member of the Brassica family is related to kale, broccoli and cauliflower.

Green is the most common type of cabbage and popular for its crunchiness and mild flavour (except when overcooked). Red cabbage takes longer to mature than green cabbage, so they usually aren't quite as tender. The colour of red cabbage can run when cooked and take on a bluish tinge. To prevent this, cook with a bit of lemon juice or vinegar. The leaves of a Savoy cabbage are looser and more crinkled and have a more tender texture. The flavour is milder and sweeter.

Green is the most common type of cabbage.

Colcannon or Bubble and Squeak

In Ireland it is called colcannon; in Britain, bubble and squeak for the sound it makes as it cooks. Whatever the name, it was a customary way to use up vegetables left over from Sunday dinner. Good with corned beef, ham or sausages, the amounts can vary to suit your leftovers or taste. Makes 4 to 6 servings.

INGREDIENTS:

- 2 tbsp (30 ml) butter
- 3 green onions, sliced
- 2 to 3 cups (500 to 750 ml) cooked green cabbage
- 2 to 3 cups (500 to 750 ml) mashed potatoes
- Salt and pepper

METHOD:

Melt butter in a large skillet over medium heat. Add onions and cook until softened, a few minutes. Add cabbage and toss with onions. Add potatoes, breaking up with wooden spoon to combine with cabbage and onions. Season to taste with salt and pepper and cook until heated through, 5 to 10 minutes.

Barb Holland is a professional home economist and food writer who believes in shopping locally and in season.

A soul-nourishing meal

LunchRush

Carla Ciccone

metronews.ca/lunchrush

Calgary Drop-In & Rehab Centre
423 - 4th Avenue SE
Calgary, Alberta T2G 0C8
Volunteer Phone Number: 403-263-5707

Hours of operation: Variable. Volunteers come at about 11:30 a.m. and usually stay until 1 p.m. or 2 p.m..
Rating: ⊕⊕⊕⊕⊕
Price range: Priceless
Lunch w/co-workers: Yes
Social Lunch: Yes
Lunch menu: Varies daily

Few circumstances put life into perspective as poignantly as being surrounded by the dilemma of Calgary's homeless crisis.

A couple of weeks ago, I volunteered to serve lunch at the Calgary Drop-In and Rehab Centre, alongside my friend Megan and some very friendly people from the company she works for. The centre is bustling when we get there and at first, I find it overwhelming. A few hundred people are there for lunch, and have seated themselves among the many tables.

With our hairnets and aprons neatly in place, Megan and I are instructed by Michael, who runs the kitchen, to starting plating the food. Other volunteers are put to work buttering bread and serving the food to those sitting at the tables. For lunch today is rice, which has been made with chicken stock and smells delicious, along with a beef stew, a bun and a juice drink.

As we finished up meal service and began to walk through the large crowd to leave, an amazing thing happened — the people we had just helped to feed started clapping. Walking by, as they looked at us and said "thank you," I felt humbled and a little unworthy. I had hardly done anything. It was just a couple of hours out of my comfortable little life – and it felt really nice to be able to help out in some small way.

Anyone who is interested can volunteer at the Drop In Centre, and, for companies who volunteer together, it is a rewarding and team building experience. There are many different types of programs to volunteer for, so if you are interested in getting involved, visit thedi.ca for more information.

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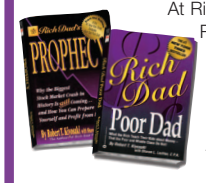

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Robert Kiyosaki will not attend this workshop.

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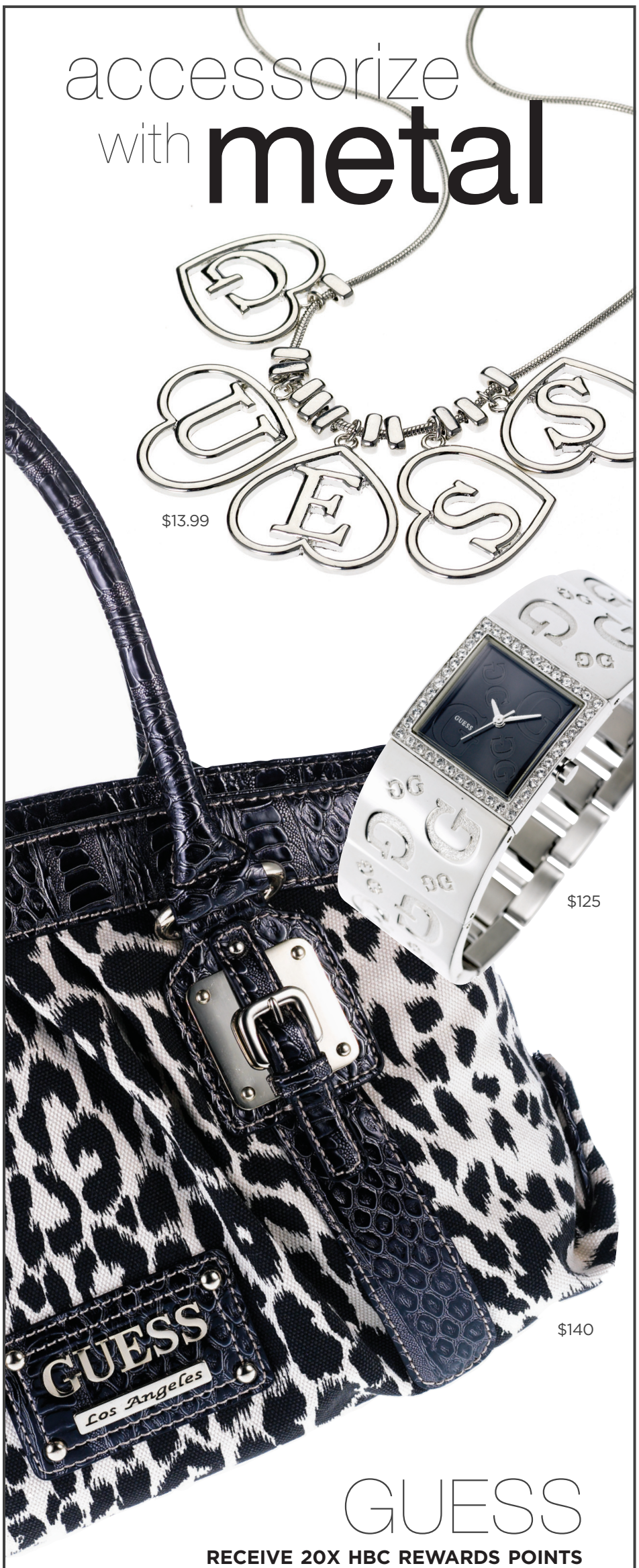

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THE BAY

Wunderkind at Paris Fashion Week

For his Fall 2009/Winter 2010 Wunderkind collection, Wolfgang Joop drew inspiration from the abstract art movement and the photography of Gregor Torzs. It included dresses with graphic prints featuring red, green and blue squares. KENYA HUNT/METRO WORLD NEWS

Style

Red is the new black

As the fall/winter 2009 Paris collections unfold, black continues its death grip on the runways, from the outrageous puffy black gowns at Junya Watanabe to the dark elegant suits at Lanvin and the black rocker dresses at Balmain. But there is a whisper of hope that red may be positioning itself for a comeback. Red, the symbolic colour of economic failure, is bleeding through the ubiquitous black. You have to look very closely, but it's there. TORSTAR NEWS SERVICE

EDITOR: ANN-MARIE.COLACINO@METRONEWS.CA

The best of...

Paris Fashion Week was a burst of creativity. Here are some of the highlights

KENYA HUNT
Metro World News

As Paris Fashion Week wraps up, here are a round-up of the trends to watch out for:
1 - Grown up glamour,
2 - Not-so-basic black
3 - Strong, bold shoulders
4 - Masculine, tailored trousers
5 - Career girl suits

YVES SAINT LAURENT

Yves Saint Laurent

More than any collection I've seen this season, Stefano Pilati's cool, empowered and slightly unaffected fall collection seemed the most in tune with what women want to wear right now, while still pushing the moment forward. The monotone palette highlights each garment's anything but boring design details. He also seems to be shifing away from the hyperfeminine.

MANISH AORA

ALEXANDER MCQUEEN

GETTY IMAGES

Manish Arora

Glittery tiger heads appeared as three dimensional shoulder accents on the opening dress, while graphic print dresses featured flying dolphins. His colors — emerald green, violet, hot pink, yellow — were equally as eye-popping. It was fantastical and fun.

Alexander McQueen

McQueen kicked up his flamboyant showmanship ump-teen notches in a series of exaggerated looks that were equal parts vintage couture, drag ball and Japanese horror film. The collection featured exquisitely constructed gowns in bold shapes and hues that rebel against the down economy.

GlobalStyle

Kenya Hunt

Read Paris Fashion Week reviews, exclusively at metronews.ca/globalstyle

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*SOME EXCEPTIONS • SELECTION VARIES BY STORE • SOME ITEMS NOT EXACTLY AS ILLUSTRATED • WHILE SUPPLIES LAST • SEE STORE FOR DETAILS

No more Lethal Weapon films

Lethal Weapon 5 will not be made. Plans for a new instalment in the franchise have been axed, reportedly because original star Mel Gibson didn't want to return to the movies, supposedly because previous director Richard Donner would not be behind the camera. **FEMALEFIRST.CO.UK**

Entertainment

Black Star

She has already debuted her fashion line and now Avril Lavigne is set to launch her own fragrance, Black Star. The singer signed a deal with Proc-ter and Gamble to produce a range of toiletries. FEMALEFIRST.CO.UK

EDITOR: DEAN.LISK@METRONEWS.CA

●●●●● A CLASSIC; ●●●● EXCELLENT; ●●● GOOD; ●● FAIR; ● POOR

Idol makes radio-friendly return

Kelly **Clarkson**

Album: All I Ever Wanted
Label: RCA/Sony
Rating: ●●½

KELLY CLARKSON HAD the nerve on her 2007 album, My December, to buck the industry experts (read Clive Davis) by making a record dominated by her own darkly edged songs. Like a self-fulfilling prophecy, the album tanked. Well, Kelly learned her lesson and she's back with a team of A-list producers and writers (including Katy Perry and American Idol judge Kara Dioguardi) for her fourth album, All I Ever Wanted. Every song is radio-ready, a smash single waiting to happen. The opening track, My Life Would Suck Without You, is nothing but Since You've Been Gone with different lyrics. Kelly is defiant in I Do Not Hook Up, vulnerable on Cry, in control on Don't Let Me Stop You and angry on Whyya-wannabringmedown.

Graham Rockingham/for Metro Canada

Chris **Cornell**

Album: Scream
Label: Universal
Rating: ●½

CHRIS CORNELL HAS been making music for about two decades, but his new album, Scream, reaches a milestone that he's managed to avoid — he's finally created one of the worst albums of the year. Why in God's name would he team up with Nelly Furtado-producer Timbaland is anyone's guess. The result is a schizophrenic record of electro-beats, dance-club melodies, and the occasional rap — genres the former Soundgarden signer should stay far away from. If anything this is more of a Timbaland disc featuring Cornell than it is the other way around.

Bryan Borzykowski/for Metro Canada

GETTY IMAGES

All I Ever Wanted is the new album from Kelly Clarkson.

Julie **Doiron**

Album: I Can Wonder What you Did With Your Day
Label: Endearing Records/Fontana North
Rating: ●●●

JULIE DOIRON RETURNS to her electric roots with ex-Eric's Trip bandmate Rick White handling bass and production duties while Fred Squire (Calm Down It's Monday) handles drums. Heavily distorted electric guitar and bass bring a sense of foreboding to Doiron's strangely upbeat lyrics and childlike melodies, especially on standout tracks like Spill Yer Lungs, Heavy Snow and Consolation Prize. Yet when left to herself like on opening track, The Life of Dreams, or the closer, Glad To Be Alive, Doiron's minimalism is simply silly. Minimalism shouldn't necessarily be equated with art. Sometimes its just childlike.

Graham Rockingham/for Metro Canada

Music**Reviews**

On the web

There's more online at metronews.ca/music:

- we review new music from Josh Reichmann Oracle Band, Razorlight & Hamsome Furs
- Links to this week's reviewed music
- Canadian Music Week blog

*Base MSRP of $18,260/$23,335/$24,835 for new 2009 Jetta City / Jetta 2.5 / Jetta Wagon with manual transmission. Freight and PDI of $1,360 included. License, insurance, registration, any dealer or other charges, options, and applicable taxes are extra. Dealer may sell for less. MSRP of new 2009 Jetta City as shown with Siata accessory wheels is $20,528. MSRP of new 2009 Jetta 2.5 as shown with options and accessories is $24,670. MSRP of new 2009 Jetta Wagon Highline as shown is $31,158. **Limited time finance offer available through Volkswagen Finance, on approved credit. 0% financing available on new 2009 Jetta City / Jetta 2.5 / Jetta Wagon gas models only. MSRP of $18,260/$23,335/$24,835 for new 2009 Jetta City / Jetta 2.5 / Jetta Wagon financed at 0% APR for up to 36 months equals $508/$649/$690 per month. Down payment or equivalent trade-in, due at signing, may be required. Cost of borrowing is $0 for a total obligation of $18,260/$23,335/$24,835. Freight and PDI of $1,360 included. PPSA, license, insurance, registration, dealer charges, options, and applicable taxes are extra. Dealer may sell for less. Offer ends March 31, 2009 and is subject to change or cancellation without notice. Dealer order/trade may be necessary. Supplies are limited. See dealer or visit vw.ca for details. †For more information see GreenCar.com. ††Up to $750 rebate for recent college or university graduates. Certain conditions apply. "Volkswagen", the Volkswagen logo and "Jetta" are registered trademarks of Volkswagen AG. "TDI Clean Diesel", "Das Auto & Design" and "Jetta City" are trademarks of Volkswagen AG. "Green Car Journal" and "Green Car of the Year" are registered trademarks of R. J. Cogan Specialty Publications Group, Inc. © 2009 Volkswagen Canada.

Sorcery star
Ugly Betty alum Rebecca Romijn has lined up a pretty cool new role, playing the lead sorceress in ABC's Eastwick pilot. It is based on the John Updike novel and the 1987 film The Witches of Eastwick. **TVGUIDE.COM**

John Roberts honoured

CNN anchor inducted into Canadian broadcast hall of fame

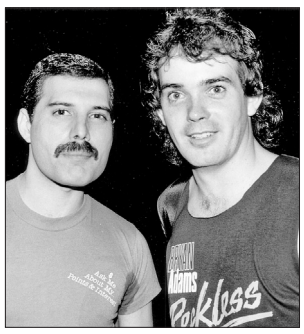
BRIAN TOWIE
brian.towie@metronews.ca

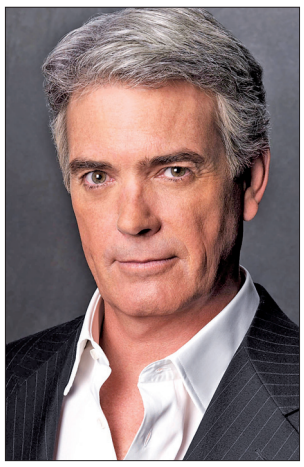
From the fury of hurricane Katrina to the chaos of Iraq to the pulse-pounding energy of Live Aid — John Roberts has seen it all.

The co-anchor of CNN's American Morning and Toronto native will be lauded for his work today at Canadian Music Week. The veteran broadcaster of 34 years will be inducted into the Broadcast Industry Hall of Fame during the Canadian Music Industry Awards Gala at the Fairmont Royal York. Roberts looks back fondly on his comparatively more peaceful home and native land.

"I miss my family and Canada's wide open spaces," says Roberts. "I suffered a bit of culture shock when I first started working in the U.S. It gets said down here that Canadians are a kind of decaffeinated American. Things can move much faster, especially in New York where I am."

Canadians may recognize Roberts, 52, from his earlier days as host of Canada AM from 1990 to 1992 and as a MuchMusic personality during its infancy, when he co-hosted The New Music from 1979 to 1985.





Roberts, above, with Queen's Freddie Mercury during his days at MuchMusic and, right, in his current role as host of CNN's American Morning.

"The bulk of my career has been in news, but because of the exposure people do remember the MuchMusic days," he said. "We were launching something brand new that was exciting for people. No one really remembers me from radio though. I suppose it's because that happened during the cretaceous period."

They were not-so-humble beginnings to a career that reads like a chronicle of the past 17 years of world history. As a reporter and anchor for both CBS and CNN for that time, Roberts was embedded with U.S. Marines during the invasion of Iraq in 2003. He reported on the Israeli-Hezbollah conflict of 2006, the Oklahoma City, Atlanta Olympics and London bombings, the deaths of Pope John Paul II and Princess Diana and hurricane Katrina. He's also interviewed some of the most influential world leaders of our time, including former U.S. presidents George W. Bush and Bill Clinton.

Though objectivity is the cardinal rule of good journalism, Roberts can't deny that seeing humanity at its best and worst affects him personally. He points to the aftermath of Katrina as an event that shocked, saddened and inspired him.

"You're there as an observer, but you wouldn't be human if it didn't affect you in some way," he says. "Now unlike them, at the end of the story, you get on an airplane and you go back home. But you take with you a perspective of the story that you wouldn't have unless you immersed yourself in it."

Canadian Music Week

Follow the latest on Canadian Music Week by reading our blog at metronews.ca

MTV focuses on scripted comedy

TELEVISION MTV's next target: Scripted comedy. The network is developing an unprecedented number of scripted half-hour projects, including five pilots and an animated series about two office drones who swap viral videos amidst workplace mayhem. **REUTERS**

HBO apologizes to Mormons

TELEVISION HBO, the network behind polygamy drama Big Love has apologized for any offense to Mormons in a depiction of a sacred ritual but made clear it would air the controversial episode as planned.

The HBO network's program about a non-Mormon polygamous family has stirred up a hornet's nest of complaints over an episode to be broadcast Sunday showing its version of an endowment ceremony within a Mormon temple. It is thought to be the first time the ritual, in which participants move to a higher level of understanding of their religion, will be shown on TV.

CBC set to pick up comedy 18 to Life

TELEVISION The CBC will pick up single-camera comedy 18 to Life even with pilot partner ABC out of the picture. The Montreal-set sitcom portrays 18-year-old neighbors, played by Stacey Farber and Michael Seater, who get married on a dare only to face criticism from parents and friends. **REUTERS**

For complete online movie listings, trailers, reviews and tickets, visit: metronews.ca/movies

CA	Vu	SC		7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00
3/12/09 primetime	267	351	ACCESS	Alberta Primetime (Live)		Wife Swap (N)		Eleventh Hour "Olfactus"		Private Practice (N)		Primetime
	243	317	3 CFCN	etalk	Hollywood	ER "Old Times" (N)		CSI: Crime Scene Invstgtn.		Grey's Anatomy (N)		News (N)
	-	-	4 OMNI	Two/Half Men	The Simpsons	News		News		The Simpsons	King	Metropia
	-	371	5 KXLY	4 News at 6	4 News at 6:30	Entertainment	The Insider (N)	Ugly Betty (N)		Grey's Anatomy (N)		Practice
	245	306	6 CBRT	Coronation St.	Jeopardy! (N)	Doc Zone "Wild Horse Redemption" (HDTV) (N)				CBC News: The National		The Hour
	244	338	7 CICT	ET Canada	Entertainment	Life "Shelf Life" (N)		Survivor: Tocantins (N)		The Office (N)	Kink in Hair	News Hour
	246	-	8 CKAL	Law & Order: SVU		Hell's Kitchen (PA) (N)		Ugly Betty (N)		30 Rock	30 Rock	Your City
	119	705	9 CBXFT	Virginie (SC)	Infoman (SC)	Enquête (HDTV) (SC)		M pour musique (HDTV) (SC)		Le Téléjournal et Les Nou		TJ Alberta
	-	-	10 SHAW	(6) Local Programming						Local Programming		
	-	372	12 KREM	News (N)	Hollywood	The Doctors (N)		Survivor: Tocantins		CSI: Crime Scene Invstgtn.		Eleventh Hour
	-	374	14 KSPS	NewsHour With Jim Lehrer		Daniel O'Donnell: Hope and Praise (HDTV)				My Music: My Generation -- The 60s		
	502	390	15 CBC	CBC News: The National		Geologic Journey		CBC News: The National		CBC News: The National		Geo. Journey
	-	370	16 KHQ	News	Be-Millionaire	Jeopardy! (N)	Wheel-Fortune	Name Is Earl	Kath & Kim (N)	The Office (N)	30 Rock	ER (N)
	-	373	22 KAYU	The Simpsons	Raymond	Two/Half Men	Two/Half Men	Bones (HDTV PA) (N)		Hell's Kitchen (PA) (N)		News (N)
	297	652	37 WPIX	Supernatural (HDTV) (N)		PIX News at Ten Tong.		Two/Half Men	Friends	Sex and-City	According-Jim	Bring Wall St
news	500	500	29 CNN	Larry King Live		Anderson Cooper 360 (HDTV)				Larry King Live		Cooper 360
	508	502	31 CNN2	Lou Dobbs Tonight		Nancy Grace		Showbiz Tonight		Lou Dobbs Tonight		Nancy Grace
sports	400	400	21 TSN	(6) Curling Tim Hortons Brier -- Draw 17.				SportsCentre		Score Golf	Motorcycle	Poker
	408	418	27 net	NHL Hockey	NHL Hockey Atlanta Thrashers at Edmonton Oilers. (HDTV) (Live)					Sportsnet Connected		Flames in Hour
	410	403	30 SCORE	NBA Basketball: Lakers at Spurs			Score Tonight		Hardcore Hockey	Talk	Final Score	Final Score
	411	457	44 OLN	Mantracker		Bounty Hunter	Bounty Hunter	Survivorman		Mantracker		Bounty Hunter
	417	406	48 SPEED	Bullrun (HDTV)		Bullrun (HDTV) (N)		Pimp My Ride	Pass Time	Pinks -- All Out (HDTV)		Bullrun (HDTV)
family	552	543	20 YTV	Drake & Josh	iCarly	True Jackson	H2O, Just Add	Malcolm-Mid.	Futurama	In Real Life		Falcon Beach
	557	541	39 FAM	Zoey 101	Life Derek	Wizards-Place	Han. Montana	Zack & Cody	Latest Buzz	Wizards-Place	Life Derek	Ned's School
	555	545	67 TOON	Ben 10: Alien	Johnny Test	Totally Spies	Total Drama	6TEEN	6TEEN	Futurama	*Futurama: Bender's Big Score*	
cable variety	575	583	11 CMT	Reba	Reba	Hope & Faith	Hope & Faith	Ult. Coyote Ugly Search		Home Improve.	Home Improve.	Reba
	553	546	17 TREE	Little Bear	Maggie-Beast	Comfy Couch	Zigby	Max & Ruby	Babar	Backyardigans	Dora-Explorer	Go, Diego, Go!
	-	-	18 CHTV	The Insider (N)	E! News	Name Is Earl	Kath & Kim (N)	Movie				News (N)
	505	398	19 TWN	(5) EarthWatch One		EarthWatch One		EarthWatch Two				
	602	568	23 W	Style by Jury	Style by Jury	Will & Grace	Friends	Divine Design	House	Confidential	Save Us-House	Divine Design
	521	560	24 TLC	Street Customs (N)		Stop Shouting at Me! (N)		Street Customs (HDTV)		Stop Shouting at Me! (HDTV)		Overhaulin'
	603	561	25 FOOD	Unwrapped	Secret Life of	Family	Glutton-Punish.	Ace of Cakes	Ace of Cakes	Challenge		Unwrapped
	615	520	26 A&E	The First 48 (HDTV) (N)		The Beast "The Walk In"		The Beast "The Walk In"		The First 48 (HDTV)		The First 48
	617	522	32 SHOW	Wife Swap		The Outer Limits		Love-Death	Love-Death	Trailer Park	Trailer Park	*Walking Tall*
	601	562	33 SLICE	X-Weighted "Valencia"		X-Weighted "Gaia"		ET Canada	Til Debt-Part	Real Housewives OC		Trading Sp
	-	633	34 ENC2	*Reality Bites*	*The Duke* ★★ (1999, Comedy-Drama)			*Bring It On* ★★ (2000, Comedy), Eliza Dushku			(10:40) *Ice Castles* (1979)	
	520	505	35 DISC	Investigation X		MythBusters		Daily Planet		Deadliest Catch		Investigation X
	620	523	36 BRAVO	*ShowBusiness: The Road to Broadway* ★★★ (2005)				Law & Order		Without a Trace		*Running Mates*
	294	650	40 WPCH	Friends	Friends	*The Man* ★★ (2005, Comedy)			Family Guy	Family Guy	Seinfeld	*The Man*
	626	547	41 COM	Laughs	Comedy Now	Air Farce	Just for Laughs		Corner Gas	The Simpsons	South Park	VIP
	-	539	42 TCM	*Rembrandt*	*That Hamilton Woman* ★★★ (1941, Historical Drama) Vivien Leigh.					*Vacation From Marriage* ★★★ (1945)		
	628	584	43 SPIKE	TNA iMPACT! (HDTV) (N)				Ways to Die	Ways to Die	MANswers	EA Gillette	Married... With
	522	516	45 HIST	Go Deep "Beaufighters"		NCIS "Split Decision"		Lost Worlds "Taj Mahal"		Go Deep "Beaufighters"		NCIS
	627	528	46 SPACE	Ghost Hunters		Chuck (HDTV)		Stargate SG-1		Star Trek: Next Gener.		Trek: Voyager
	-	-	47 AMC	(6) *48 HRS.* (1982)		(8:15) *Caddyshack* ★★ (1980, Comedy) Chevy Chase.				(10:15) *Big* ★★★ (1988, Fantasy)		
	619	525	49 TROP	What Happen?	What Happen?	Make or Break	Naked Fashion	Family Guy	Seinfeld	Seinfeld	Raymond	Family Guy
	600	564	50 HGTV	The Fix	Disaster DIY	Home to Flip	Real Renos	Holmes on Homes		The Fix	Disaster DIY	Home to Flip
	501	391	52 CTV	CTV Newsnet		News	CTV Newsnet	News	CTV Newsnet	News	CTV Newsnet	News
	504	508	70 BNN	Squeeze Play		Market Call		Headline	Market Call	Commodities	Business News	Squeeze Play
	526	507	92 VIVA	Most Haunted Beaumaris Gaol.		Passion	Homicide File	Psychic Inv.	Encounters	Judging Amy		Most Haunted
	269	350	93 APTN	Warriors: TKO	Wapos Bay	By the Rapids	renegadepress	*Parenthood* ★★★ (1989, Comedy) Steve Martin, Mary Steenburgen.				
	-	-	94 MCP	(6:30) News	News	Eight Heroes	Mom's-Upset	Vancouver	Kahkashan	Dheeyan Ghar	Sadabahar	Desi-Mama
	571	581	100 MMM	RuPaul's Drag Race		RuPaul's Drag Race		Listed		Party of Five		RuPaul's Drag
	570	580	101 MM	America's Best Dance Crew		disBand	disBand	Video on Trial	Video on Trial	Paris Hilton's British Friend		Video on Trial
	581	566	102 MTV	Making the Band 4 (N)		The Girls of Hedsor Hall		MTV Live	After	Making the Band 4		Hedsor Hall

critics' corner

Futurama: Bender's Big Score
You knew spam — that's junk e-mail, not canned meat — was evil, didn't you? In this first of four direct-to-video movies based on Matt Groening's ("The Simpsons") animated sci-fi sitcom, a race of aliens uses spam scams to take over Planet Express and turn Bender into a time-traveling thief. Fry, meanwhile, faces a rival for Leela's affections. Fans will be delighted with the abundant in-jokes — and the shout-out regarding the series' cancellation. 10:30 PM on TOON

Eleventh Hour
Where are Tim Gunn and Heidi Klum when you need them? Heck, Dr. Hood (Rufus Sewell) probably would settle for a little help from the Mode magazine peeps from "Ugly Betty" as he investigates a series of homicidal outbursts by people with no previous history of violence during Fashion Week in New York. Marley Shelton also stars in the new episode "Olfactus." Omar Benson Miller, Valerie Cruz and John Shea guest star. 11:01 PM on KREM

Hogan turns to court for money

Hulk Hogan's lawyers have asked a judge to grant the former wrestler access to $300,000 of his assets that were frozen while his pending divorce is resolved. Hogan claims surgery he had last month will keep him from working for a time. METRO NEWS SERVICES

Celebrity Buzz

Something leaking in Kelly's shower

HABITS Kelly Clarkson pees in the shower, femalefirst.co.uk reports. The singer always urinates while she is washing, and insists it is not a dirty habit. Asked if she had ever been tempted to urinate while washing, she said: "Anybody who says they don't is lying." Clarkson's unusual shower routine is not the only dirty habit she admits to. The 26-year-old star always checks tissues after she has sneezed into them, because she is curious to see what is coming out of her nose.

METRO NEWS SERVICES

Halliwell calls off wedding: Source

ENGAGEMENT Mere months after announcing her engagement to shipping tycoon Fabrizio Politi, Geri Halliwell is calling the whole thing off, according to the Sun. According to a source, the former Spice Girl "woke up one morning last week and decided she just wasn't the marrying type." Politi and Halliwell met in December, and he proposed one week later. "Fabrizio is upset but totally respects Geri's wishes," the source says. "Her friends are not surprised."

METRO WORLD NEWS

Amy willing to give it all up for 'Blakey'

RELATIONSHIP Amy Winehouse is ready to quit music to reunite with husband Blake Fielder-Civil, femalefirst.co.uk reports.

The singer is prepared to do whatever it takes to win back ex-convict Blake — who started divorce proceedings while in prison after seeing Amy romantically linked to other men while holidaying in the Caribbean — and would even walk away from her successful singing career.

Writing on her page on social networking website Facebook, she wrote: "Amy would chuck it all in for 'im indoors."

She swiftly followed it with another message, saying: "Nothing is worth as much as Blake."

Friends of the troubled 26-year-old star replied urging her to move on from Blake, who recently moved his 17-year-old rumoured girlfriend Francesca Morralee into his London home.

One wrote: "He ain't worth it."

In a heart-rending final note, Amy said: "Where's my oblivious Blakey boy?"

METRO NEWS SERVICES

Brand's busy schedule in way of pirate role

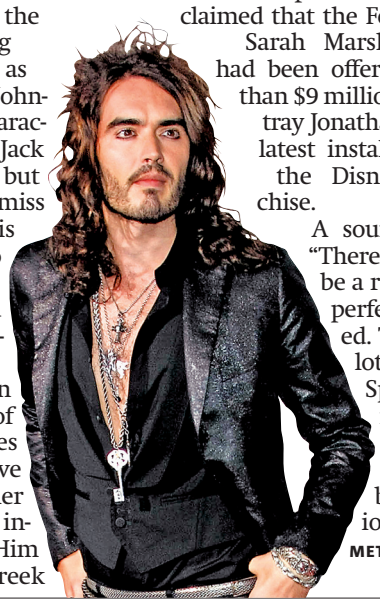
FILM Russell Brand is "too busy" to appear in Pirates of the Caribbean 4, femalefirst.co.uk reports.

The British comedian was rumoured to be in negotiations to appear in the swashbuckling movie sequel as a brother of Johnny Depp's character, Captain Jack Sparrow, but fears he may miss out as his schedule is so packed.

Brand told Access Hollywood: "There's been some talk of doing a Pirates movie. But, I've got eight other things to do including Get Him To The Greek with Judd Apatow. So I don't know if there'll be time to be a pirate, I've got enough of that in my private life. I think it's a possibility but I am rather busy."

It had previously been claimed that the Forgetting Sarah Marshall star had been offered more than $9 million to portray Jonathan in the latest instalment of the Disney franchise.

A source said: "There couldn't be a role more perfectly suited. There's a lot of Jack Sparrow in his mannerisms and behaviour."



METRO NEWS SERVICES

Miller dishes on girl fight in film

ACTION Sienna Miller has a "really good girl fight" in G.I. Joe: Rise of the Cobra, femalefirst.co.uk reports. The Edge of Love star says she relished the chance to grapple with her co-star Rachel Nicols for her favourite scene in the action movie, despite both actresses sustaining injuries as they prepared for the physical challenge. She said: "There's a really, really good girl fight between Rachel Nichols and myself. It's like a proper, violent girl-fight scene. ...We both got hurt. I'm clumsy, so I slipped on a rubber bullet at one point and sprained my wrist quite badly.

METRO NEWS SERVICES

Diddy stands by 'friendly' gesture

FRIENDS Sean (Diddy) Combs says he was only being "a friend" when he invited Chris Brown and Rihanna to stay at his Miami home nearly three weeks after the 19-year-old singer allegedly battered his girlfriend, 21, usamagazine.com reports.

"I don't cast a judgment on anybody," Combs said on Tuesday's Ellen DeGeneres Show. "It's a dark time for them, and I'm there for support."

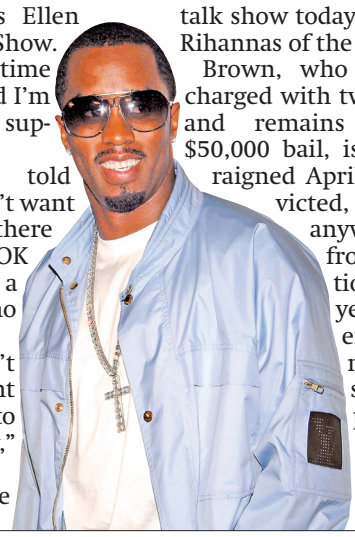
DeGeneres told him she didn't want any girl out there thinking it's OK to go back to a guy who abused her.

"I don't think it's right for anybody to hit anybody," Combs replied. "We know sometimes relationships get ugly ... we don't know exactly what's going on (with them)."

Added their pal, "We need to pray for them, and we need to do things to support them."

Oprah Winfrey has also reached out to the couple. She is dedicating her live talk show today to "all the Rihannas of the world."

Brown, who has been charged with two felonies and remains free on $50,000 bail, is to be arraigned April 6. If convicted, he faces anywhere from probation to four years and eight months in state prison.



METRO NEWS SERVICES

Lohan drama at club?

INCIDENT Lindsay Lohan was abandoned by girlfriend Samantha Ronson in Las Vegas, femalefirst.co.uk alleges.

The actress had planned to surprise her DJ lover with a romantic night in a hotel after she finished her set at Prive nightclub but was enraged when Ronson left the club without her.

She reportedly screamed: "I can't believe that f—king b—h left me!"

After driving from their home in Los Angeles earlier that evening, Ronson had planned to go to the club alone and was believed to be furious when Lindsay showed up at 1 a.m.

A source said: "The two started to argue and hide in the DJ booth. While she was in the booth, Lindsay ducked down, popped up a few seconds later, and began dancing wildly."

Following her set, 31-year-old Ronson left the club at 3 a.m. and got into her Porsche. She drove alone as 22-year-old Lohan looked on from the roadside.

Evidently outraged, Lohan jumped into her black Mercedes and sped off in the direction of her girlfriend's vehicle.

METRO NEWS SERVICES

LEARN TO BE IRISH
St. Patrick's Day • Tuesday, March 17th
Moxie's Lounge • Adults Only
Visit LearnToBeIrish.com
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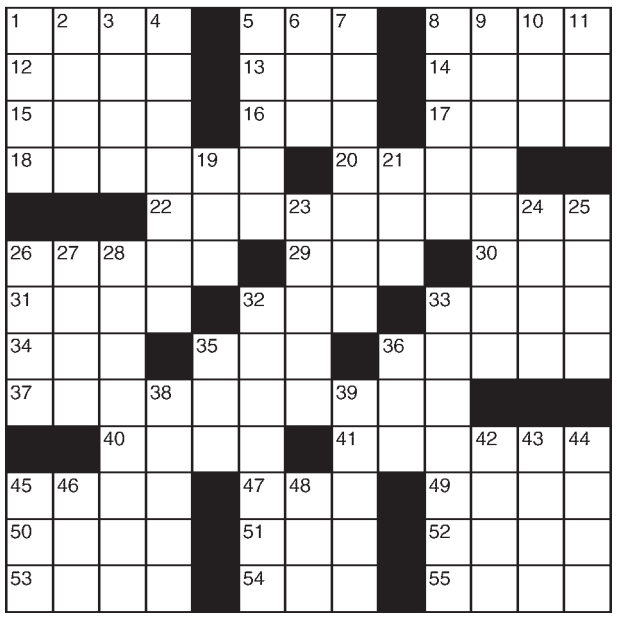
MOXIE'S CLASSIC GRILL

Today Mostly sunny 3 C / -17 C
Friday Partly cloudy 6 C / -8 C
Saturday Mostly sunny 4 C / -6 C

BT BREAKFAST TELEVISION

Andrew Schultz, Weather Specialist – Breakfast Television
"I get to spread the word on how your day, evening or weekend will shape up with our ever-changing weather here in Alberta." **WEEKDAYS AT 6 A.M.**

Take Five



Crossword across

1 Rhyming tributes
5 — de deux
8 Satiate
12 Mentor
13 Killer whale
14 Possess
15 Hideaway
16 Harry's successor
17 Terrible fellow?
18 Football team
20 Baseball team
22 Placing first, second, or third
26 Jobs in technology?
29 Mound stat
30 Decorate Easter eggs
31 Dorothy's destination
32 Soar
33 Warmth
34 Acapulco gold?
35 Benicio — Toro
36 Language of Iran
37 Exactly right
40 The Music Man locale
41 Make bubbly
45 Isinglass
47 Back talk
49 Concept
50 Stench
51 Lamb's mama
52 Pub missile
53 Frogs' hangout
54 "Mayday!"
55 Messes up

Crossword down

1 Look lecherously
2 Two-way
3 One of HOMES
4 Last
5 Hunting dogs do it
6 Evan Almighty construction
7 Landscapes
8 Pants material
9 Pale purple
10 Eggs
11 Longing
19 Compass dir.
21 "— Little Teapot"
23 Greeting
24 Nestling hawk
25 Himalayan beast
26 "Scat!"
27 Ripped
28 Smiley in an email, e.g.
32 Cows and sows
33 Rural outing
35 Morning moisture
36 Doctor's due
38 Stockpile
39 Scruffs
42 Hebrew month
43 Yukon, for ex.
44 Corrodes
45 Swab the deck
46 Altar affirmative
48 — Jima

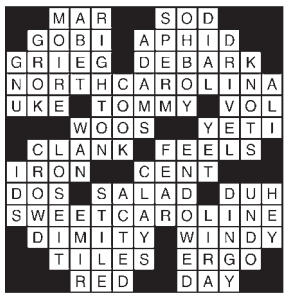
Sudoku

For more/less challenging Sudoku puzzles, visit metronews.ca

HOW TO PLAY: Digits 1 through 9 will appear once in each zone — one zone is an outlined 3x3 grid within the larger puzzle grid. There are nine zones in the puzzle. Do not enter a digit into a box if it already appears elsewhere in the same zone, row across or column down the entire puzzle.

5			6		2			8
	1		9		4		3	
		4				6		
		3	2		6	8		
7								2
		9	8		1	7		
		6				2		
	7		4		5		8	
2			1		3			4

PREVIOUS DAY'S CROSSWORD AND SUDOKU ANSWERS:

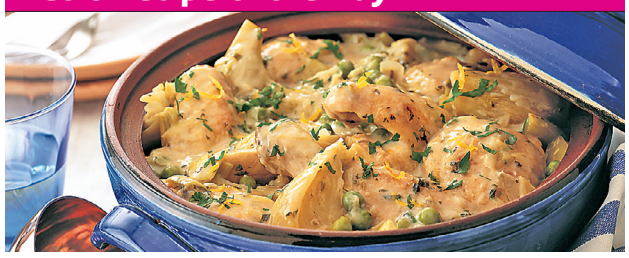


9	6	8	4	3	7	5	2	1
7	2	5	9	8	1	3	4	6
4	1	3	2	5	6	7	8	9
1	3	6	5	7	4	2	9	8
5	4	9	8	6	2	1	7	3
2	8	7	1	9	3	4	6	5
6	7	1	3	2	8	9	5	4
8	9	4	7	1	5	6	3	2
3	5	2	6	4	9	8	1	7

Find today's answers + play more games at metronews.ca

SUDOKU SOLVE TIME:
Under 13 min .....Genius
13-17 min.....Scholar
17-21 min .....Smart
21-25 min .....Not bad
25+ min.....Keep practising

Metro Recipe of the Day



Marsala Chicken with Fennel

INGREDIENTS:
1 chicken, about 3 lbs (1.35 kg), cut into pieces
2 tbsp (25 ml) all-purpose flour
2 tbsp (25 ml) olive oil
1 large leek, chopped
1 tbsp (15 ml) chopped parsley
1 tsp (5 ml) fennel seeds
6 tablespoons (90 ml) Marsala wine
2 cups (500 ml) chicken stock
2 medium fennel bulbs, trimmed and cut into chunks
2 cups (500 ml) shelled fresh or frozen peas
Fresh juice of 1 lemon
1 large egg, lightly beaten
Salt and black pepper
Chopped parsley
Lemon zest shreds

METHOD:
1. Remove skin from chicken pieces. Season flour with salt and pepper to taste. Dust flour over chicken.
2. Heat 1 tbsp (15 ml) oil in a large frying pan over medium heat. Add leek, parsley, and fennel seeds and sauté 5 minutes until leek is soft, stirring frequently. Remove from pan; set aside.
3. Heat remaining 1 tbsp (15 ml) oil in frying pan. Add chicken and sauté until just golden, 6 to 7 minutes. Remove chicken and set aside. Pour in Marsala and boil until reduced to about 2 tbsp (25 ml) of glaze. Pour in stock, and return leek mixture and dark meat chicken pieces and wings to the pan. Add fennel. Cover and simmer over low heat 10 to 15 minutes. Add chicken breasts and simmer, covered, 15 minutes or until all chicken pieces are tender and juices run clear when thickest part is pierced. Add peas for last 5 minutes of cooking.
4. Transfer chicken pieces and vegetables to serving bowl; keep warm.
5. In small bowl, mix lemon juice into egg. Slowly add 4 tbsp (60 mL) hot cooking liquid to lemon and egg mixture, stirring. Slowly stir back into liquid in frying pan. Return chicken and vegetables to pan and warm through, on very low heat so sauce does not curdle. Season to taste and garnish with parsley and shreds of lemon zest.

SERVES 4

rd.ca
For nutritional information on this and other great recipes, go to **rd.ca** or check out **Key Ingredients in this month's Reader's Digest, on newsstands now!**

Horoscopes

AVATAR VENUS

ARIES ♈
MARCH 21-APRIL 20
Preferring one person over another leads to tears. You'll hear about scandalous behaviour. You'll get practical help.

TAURUS ♉
APRIL 21-MAY 21
A villain's laughter is unsuitable. You'll see that someone is very wrong. A split decision causes an upset.

GEMINI ♊
MAY 22-JUNE 21
The cost of an agreement is too high. A dreadful drama is created by human nature. Take care with a troublemaker.

CANCER ♋
JUNE 22-JULY 22
Don't talk about any secret sorrows. Your respect for a bad-mannered person is startling. Friends will fail to make contact.

LEO ♌
JULY 23-AUG 23
Someone can read your mind. A mystical event won't be acceptable. A complainer forces you to make a decision.

VIRGO ♍
AUG 24-SEPT 22
A flippant female insists on going her own way. An uncertain person will cause conflict. Don't expect a problem to come out in the open.

LIBRA ♎
SEPT 23-OCT 23
You can't change an offender's ways. A compromise has you grasping for faster results. Focus on a clever person's information.

SCORPIO ♏
OCT 24-NOV 22
Someone isn't being clear about self-indulgent lies. Stop reproaching yourself for a bad experience. It's impossible to refuse an admired friend.

SAGITTARIUS ♐
NOV 23-DEC 21
A wrongdoer reaches the breaking point. A reckless guy takes a playmate away. Speak gallantly in a pointless debate.

CAPRICORN ♑
DEC 22-JAN 20
Don't get caught having second thoughts. Benevolence will inspire agreement. Heed the warnings of a common theory.

AQUARIUS ♒
JAN 21-FEB 18
A call can make a difference. Make the first move with a shy person. Relax by avoiding a hopeless problem.

PISCES ♓
FEB 19-MARCH 20
Being in charge will cause indifference. Try harder to please yourself. Someone's amusement causes distress.

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HWY: 5.8L/100KM (49 MPG)▲

MORE 2009 VERSA HATCH

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HIGHEST HORSEPOWER IN ITS CLASS[1]
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INCLUDES FREIGHT & PDE

LEASE RATE **3.9%**
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$12,393 TOTAL LEASE OBLIGATION

CITY: 8.4L/100KM (34 MPG)
HWY: 6.4L/100KM (44 MPG)▲

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'Only on the 2009 Versa Sedan 1.6 (B4EG59 AA00), 2009 Versa Hatch 1.8 S (B5LG59 AA00), and 2009 Sentra 2.0 (C4LG59 AA00) models. **MSRP for a 2009 Versa Sedan 1.6 (B4EG59 AA00), manual transmission/ 2009 Versa Hatch 1.8 S (B5LG59 AA00), manual transmission/ 2009 Sentra 2.0 (C4LG59 AA00), manual transmission. ¥Lowest MSRP of any new 2009 Car sold in Canada. $12,498 MSRP for a 2009 Versa Sedan 1.6 S (B4EG59 AA00). Freight and PDE charges ($1,325), license, registration, insurance, duties and applicable taxes (including excise tax and fuel conservation tax, where applicable) are extra. All prices are subject to change without notice. †Program applies only to purchase finance offers on all 2009 Nissan models (except for the 2009 Nissan GT-R, 350Z and 370Z models) purchased and delivered before March 31st, 2009. Offer does not apply to Nissan Canada Finance standard rate programs. Delayed payment option not available on cash purchase offers. 1st monthly payment occurs at 90 days into finance contract. Contracts will be extended accordingly. Interest charge (if any) will not accrue during the first 60 days of the contract. After the 60 days, interest (if any) starts to accrue and the purchaser will repay the principal and interest (if any) monthly over the term of the contract. Offer available on terms up to 72 months. ††0% purchase financing for up to 36 months available only on all 2009 Versa Hatch, Sentra, Altima Sedan, Rogue and Titan models. Finance Example for a 2009 Versa Hatch 1.8 S (B5LG59 AA00): $15,323 Selling Price, including ($1,325) freight and PDE financed at 0% APR for 36 months equals $286.75 per month with $5,000 down payment. Cost of borrowing is $0 for a total obligation of $15,323. Up to $84 PPSA, license, insurance registration and taxes are extra. ‡Lease Examples: $13,823/ $15,323/ $15,573 Selling Price for a new 2009 Versa Sedan 1.6 (B4EG59 AA00)/ 2009 Versa Hatchback 1.8 S (B5LG59 AA00)/ 2009 Sentra 2.0 (C4LG59 AA00) at 5.9%/ 2.9%/ 3.9% lease rate for a 60/60/60 month term. Monthly payment is $189/ $189/ $189 including ($1,325)/ ($1,325)/ ($1,325) freight and PDE with $950/ $895/ $1,050 down payment, and $0/$0/$0 security deposit. License, registration, insurance, duties and applicable taxes (including excise tax and fuel conservation tax, where applicable) are extra. All prices are subject to change without notice. Retailer may lease for less. Lease based on a maximum of 24,000 km per year with excess charged at $0.10/km. Total lease obligation is $12,314/ $12,216.31/ $12,392.74. Lease and finance offers are available on approved credit through Nissan Canada Finance for a limited time, may change without notice and cannot be combined with any other offers. Retailers are free to set individual prices. Retailer order/ trade may be necessary. Vehicles may require factory order. Offers valid between March 3rd to March 31st, 2009. ■Offer applies only to 2009 Versa Hatchback models on 36 to 60 month lease terms. Offer valid between March 3rd to March 31st, 2009. ▲Based on Transport Canada approved test methods. Your actual fuel consumption may vary with driving conditions - use for comparison only. ▲▲$16,898 MSRP for a 2009 Versa Hatch 1.8 SL (B5RG59 AA00/AA10), manual transmission/ $22,598 MSRP for a 2009 Sentra 2.0 SL (C4TG19 AA00), CVT transmission. Destination and PDE charges ($1,325)/ ($1,325), license, registration, insurance, duties and applicable taxes (including excise tax and fuel conservation tax, where applicable) are extra. All prices are subject to change without notice cannot be combined with any other offers. Retailer may sell for less. [1]WardsAuto.com's Lower Small segment, 2008. 2009 Versa 1.8 vs. 2008 competitors. [2]©2008 AutoPacific, Inc. Ideal Vehicle Award. [3]Government star ratings are part of the National Highway Traffic Safety Administration's (NHTSA) New Car Assessment Program (www.safercar.gov).). U.S. model tested with standard side airbags.